

ABSTRACT

An information recording method and an information recording apparatus are disclosed, which are mainly applicable to a multilayer optical 5 recording medium, recording on a layer being carried out from outer circumference to inner circumference, such as in an OTP method.

The information recording method includes a step of trial writing for writing data 10 on a trial writing area of the optical recording medium while gradually changing recording power for laser irradiation, and obtaining optimal recording power based on a reproduced signal of the data that are trial-written in advance of starting a recording 15 operation, and

a step of adjusting the obtained optimal recording power according to a recording-start position, and starting the recording operation using the adjusted optimal recording power.